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HOUSEHOLD CALENDAR

News for Nut Eaters

MAK 12 1938 ★

U. S. Department of Agriculture

A radio discussion between Miss Ruth Van Deman, Bureau of Home Economics, Mr. E. J. Rowell, Bureau of Agricultural Economics, Mr. Bryson Rash, Announcer, and Mr. Wallace Kadderly, Office of Information, broadcast Thursday, March 3, 1938, in the Department of Agriculture period, National Farm and Home Hour, by the National Broadcasting Company and a network of 90 associated radio stations.

---ooOoo---

MR. KADDERLY:

Here we are in Washington. And thank you, Homesteaders for that salute! We've enjoyed them very much -- Ruth Van Deman, and Mike Rowell, and Bryson Rash, and all of us here in Studio D in your nation's capital. You know, that music is a perfect prelude for what Ruth Van Deman has set before us. Yes, it's something to eat. (It's just too bad about you fellows out there in Chicago). What we have here is something I'm sure never before got into this studio. Something so rich, so sweet, so delicious, so altogether appetite appealing - - -

MISS VAN DEMAN:

But - - -

MR. RASH:

Aw, Wallace, break down and tell 'em - - -

MR. ROWELL:

Pecan pie, - Oh boy - - -

MISS VAN DEMAN:

But - - -

MR. RASH:

The most galumptious Southern pecan pie a Kentucky colonel ever - - -

MISS VAN DEMAN:

But, gentlemen!

MR. KADDERLY:

Here's the knife. Give us no "buts", Ruth. How many pieces are you going to cut this pie into?

MISS VAN DEMAN:

I'm not going to cut it - - -

MR. RASH:

Miss Van Deman!

MISS VAN DEMAN:

Until - - -

MR. RASH:

U-h-h (relieved)

(over)

MISS VAN DEMAN:

- - - - Mr. Rowell and I are through with our serious discussion of market supplies of nuts. I know what'll happen once you people get a taste - - -

MR. RASH:

Taste?

MISS VAN DEMAN:

And, Wallace, you want to be in good voice to announce this new bulletin - -

MR. KADDERLY:

"Nuts and Ways to Use Them". Fine!

MISS VAN DEMAN:

Just off the press in time for this broadcast.

MR. KADDERLY:

This is a most attractive leaflet, Ruth. Nuts all over the cover and nut recipes inside.

MR. ROWELL:

You see, Wallace, all things work together today for those who like nuts.

MISS VAN DEMAN:

Even to your market news, Mr. Rowell.

MR. ROWELL:

Yes, 1937 was a good nut year. There's still a bountiful supply of walnuts, almonds, pecans, filberts - - -

MISS VAN DEMAN:

And peanuts. Don't forget the goobers.

MR. ROWELL:

Yes, a bumper crop of peanuts. There were over a billion and a quarter pounds raised last year. Of course you know, Ruth, that agriculturally speaking, peanuts aren't nuts.

MISS VAN DEMAN:

Oh yes, I know, peanuts are legumes, like the peas and beans. But for eating purposes - - -

MR. ROWELL:

I didn't mean I'd argue the point at the circus or the baseball park.

MISS VAN DEMAN:

Or with the elephant at the zoo.

MR. ROWELL:

No. Jumbo remembers his peanuts from way back in Africa.

MISS VAN DEMAN:

Where our peanuts originally came from.

MR. ROWELL:

That's right. And going back to those billion and a quarter pounds of U. S. A. peanuts - - -

MISS VAN DEMAN:

Will we really eat that many this year?

MR. ROWELL:

I can't say. But this new nut bulletin of yours with all those good recipes ought to be an incentive. Wallace is certainly going after them over there in the corner.

MISS VAN DEMAN:

S-h-h. Maybe he's reading how pecan pie's made. Don't disturb him.

MR. ROWELL:

Well, some of our peanut crop's always crushed for oil. Probably one or two hundred million pounds will go that way this year..

MISS VAN DEMAN:

And peanut oil is very good for deep-fat frying by the way. Extra fine for those French fried shrimps Josephine Hemphill talked about the other day. It doesn't burn easily, and it has a very nice bland flavor. But that's beside the point right now. Mr. Rowell, I think you had some figures on English walnuts, or Persian maybe's more accurate.

MR. ROWELL:

Yes, California produced 114 million pounds of Persian walnuts in 1937 - - -

MR. KADDERLY:

(From sofa) And Oregon, Mike. Don't forget Oregon grows walnuts.

MR. ROWELL:

Of yes, Wallace, Oregon had over 4 million pounds. But filberts are Oregon's specialty. It's the only State that gives a report on filberts.

MISS VAN DEMAN:

Filberts, same as hazel nuts.

MR. ROWELL:

The same only more so. The cultivated filberts are much larger than the native wild hazel nuts. Last year Oregon sent over 4 million pounds of these filberts to market.

MISS VAN DEMAN:

That's 4 million pounds in the shell?

MR. ROWELL:

Yes, all our production figures are for nuts in the shell. Except a few on shelled pecans.

MISS VAN DEMAN:

Mike, I notice you say pecan with a broad "a",

MR. ROWELL:

That's the way to say pecan, isn't it?

MISS VAN DEMAN:

That's the way I do. But some people prefer pecan, with an a as in cat. And I've heard pé can. Go ahead, let's have your statistics.

MR. ROWELL:

Pecans come next in quantity to English, --pardon, Persian--walnuts. Twelve States produced something over 81 million pounds of pecans last year.

MISS VAN DEMAN:

Quite a few to crack.

MR. ROWELL:

Did you know that St. Louis is probably the biggest pecan cracking and shelling center in the world, with San Antonio a close second.

MISS VAN DEMAN:

No. I can't say I did.

MR. ROWELL:

Chicago's another big pecan market.

MISS VAN DEMAN:

Well, give us a line or two on almonds.

MR. ROWELL:

Almonds, California 50 million pounds.

MR. KADDERLY:

(Coming toward microphone) The almond orchards in California will soon be coming into bloom.---A beautiful sight.

MISS VAN DEMAN:

"Almond blossoms sent to teach us
That the spring days soon will reach us".

MR. KADDERLY:

Ruth, I've been looking over this bulletin. You've certainly got a fine collection of nut recipes here.

MISS VAN DEMAN:

That's Elizabeth Whiteman's good work. She's responsible for all those ways of using nuts in cooking.

MR. KADDERLY:

And salted and spiced and ground up into paste and nut butter.

MR. ROWELL:

Ruth, are nuts very full of calories?

MISS VAN DEMAN:

I'm afraid they are, Mike. They're anywhere from 70 to 40 percent fat. Pecans are about the richest.

MR. KADDERLY:

Aren't nuts sometimes classed with meat?

MISS VAN DEMAN:

They shouldn't be unless it's fat meat. Bacon or something with much more fat than lean. Nuts have some protein of very good quality. But the fat outweighs the protein.

MR. ROWELL:

Then that's why the dietitians always shake their heads over a lot of nuts at the end of a big dinner.

MISS VAN DEMAN:

Yes, if people would just eat their nuts as part of the main course of a meal, or as the chief dessert - - -

MR. KADDERLY:

Like pecan pie.

MISS VAN DEMAN:

Yes, Wallace, it's almost time to cut it. And maybe you'll be interested to know that pecans are a good source of vitamin A.

MR. KADDERLY:

I am glad, very glad to know that.

MISS VAN DEMAN:

And peanuts, and walnuts, and almonds, and filberts, and practically all the other common kinds good sources of vitamin B.

MR. KADDERLY:

Your nutrition people make those tests?

MISS VAN DEMAN:

Yes. They fed samples of the different kinds to a colony of white rats until they got clear-cut results for the different vitamins.

MR. KADDERLY:

And now the pie!

MISS VAN DEMAN:

Shall I cut it in - - - 1, 2, 3, 4 - - - how many pieces?

MR. RASH:

Just quarter it!

MISS VAN DEMAN:

This is rather hard to cut with these pecan halves on top of the egg and sugar filling.

MR. ROWELL:

Needs a sharp knife.

MR. KADDERLY:

And a broad scoop to get the pieces out.

MISS VAN DEMAN:

Mr. Rowell, did you bring the paper plates?

MR. ROWELL:

I sure did. Here - - -

MISS VAN DEMAN:

Well, gentlemen. Go ahead and serve yourselves.

MR. ROWELL:

And paper forks too.

MR. RASH:

Fingers are easier. Say, Miss Van Deman, this is marvelous.

MR. KADDERLY:

Did you make this, Ruth?

MISS VAN DEMAN:

No. It came from our cafeteria bakeshop. They made 2500 pecan pies there this last year. They never make less than 50 at a time.

MR. ROWELL:

Well, I thought I liked apple pie, but - - -

MR. RASH:

Ha, Ha - A New England Yankee falls for Southern pecan pie- - -

MR. KADDERLY:

Now don't start any sectional feud like that Bryson. Ruth, you just tell the world how this is made.

MISS VAN DEMAN:

The recipe's printed in that leaflet. It's just a rich mixture of eggs, and sugar, and corn sirup, and melted butter, poured over pecans sprinkled on the bottom of a pie crust.

MR. RASH:

But, how'd the nuts get on top?

MISS VAN DEMAN:

They rise there as the pie bakes slowly in the oven. They're full of fat and lighter than the egg-and-sugar mixture.

MR. ROWELL:

Certainly, specific gravity, Bryson. Perfectly simple.

MR. KADDERLY:

Well specific gravity or something has made your pie disappear mighty fast, Mike.

MISS VAN DEMAN:

It's time for me to be going. I'll leave you people to brush up the crumbs.

MR. KADDERLY:

Thank you, Ruth, for this superb sample of Southern pecan pie.

MISS VAN DEMAN:

Don't mention it. The pleasure was yours.

MR. KADDERLY:

And for your part as an editor in getting out this new leaflet "Nuts and Ways to Use Them". If anybody would like to have the exact directions for making pecan pie and a collection of other recipes for nut dishes, just drop a card to the Bureau of Home Economics, United States Department of Agriculture, Washington, D. C., and ask for "Nuts and Ways to Use Them" - - - a new publication just off the press.

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